

BARTRAM TRAIL SOCCER
2015 – 2016 SUMMER CONDITIONING

Here is a list of workouts we will be doing as part of our Preseason Conditioning regiment. The idea is that we do not do the same type of workout two days in a row. If you are working out on our off days, do not duplicate a workout. We will be alternating between distance and sprint workouts M,W,F. Weight training will take place on T, Th, Sat. It is imperative that we come into this season in the best possible shape, therefore if you expect to play soccer, we expect you to commit to raising your fitness level prior to the season.

Distance (beginner)

- 30 minute jog
- 3 sets of 25 push ups
- 3 sets of 25 crunches

Sprint

- 3 sets of a Sprint pyramid:
 - 10 yd sprint, jog back
 - 5 second rest
 - 20 yd sprint, jog back
 - 5 second rest
 - 30 yd sprint, jog back
 - 10 second rest
 - 40 yd sprint, jog back
 - 10 second rest
 - 50 yd sprint, jog back
 - 3 minute rest and water between sets
- 3 sets of 20 leg lifts(bring legs up until rear end is off ground, don't let your heels touch the ground)
- 3 sets of 25 push ups

Sprint/Distance

- Jump rope for 20 minutes
- 20 minute jog
- 3 sets of 25 crunches
- 3 sets of 25 push ups

Sprint Stamina

- 3 sets of a 7 minute jog followed by a 25 second sprint, with no break in between sets.
(Your jog is your break)
- 3 sets of 25 oblique sit ups (left elbow to right knee, right elbow to left knee and keep legs stationary)
- 3 sets of 25 push ups

Distance

- Run 2 miles in 14 minutes or less
- 3 sets of 15 leg lifts (bring legs up until rear end is off ground, don't let your heels touch the ground)
- 3 sets of 25 push ups

Training continues on back. Weight training also attached. If you do not know what an exercise is ask a coach.

Sprint (experienced)

Each workout below has one day of distance running from above between them. When completed 10 days, repeat.

- Day 1: 8 110 meter sprints in under 18 seconds. 3 sets of 25 push-ups, 3 sets of 25 crunches
- Day 2: 10 110 meter sprints in under 18 seconds. 3 sets of 25 push-ups, 3 sets of 25 crunches
- Day 3: 12 110 meter sprints in under 18 seconds. 3 sets of 25 push-ups, 3 sets of 25 crunches
- Day 4: 14 110 meter sprints in under 18 seconds. 3 sets of 25 push-ups, 3 sets of 25 crunches
- Day 5: 16 110 meter sprints in under 18 seconds. 3 sets of 25 push-ups, 3 sets of 25 crunches
- Day 6: 16 110 meter sprints in under 17 seconds. 3 sets of 25 push-ups, 3 sets of 25 crunches
- Day 7: 16 110 meter sprints in under 17 seconds. 3 sets of 25 push-ups, 3 sets of 25 crunches
- Day 8: 16 110 meter sprints in under 16 seconds. 3 sets of 25 push-ups, 3 sets of 25 crunches
- Day 9: 16 110 meter sprints in under 16 seconds. 3 sets of 25 push-ups, 3 sets of 25 crunches
- Day 10: 16 110 meter sprints in under 15 seconds. 3 sets of 25 push-ups, 3 sets of 25 crunches

Training continues on back. Weight training also attached. If you do not know what an exercise is ask a coach.